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FRIDAY, MARCH 12, 2010

Hoops for Haiti

Fundraiser a slam dunk
 Page 3

Cpl. Crooks award

Local Junior B player accepts trophy
 Page 12

It's sciensational!

Program gets kids wild about reptiles
 Page 17

Mayors' breakfast

Badawey, Henderson dish out visions
 Page 18

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INPORT NEWS

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CHAMBER AWARDS

Citizens honoured

KAESHA FORAND
 InPort News Staff

PORT COLBORNE — What do a high school student who volunteers in the community, a cleaning business and a volunteer store manager have in common? They were all award recipients at the Port Colborne-Wainfleet Chamber of Commerce's President's Awards reception.

See CHAMBER AWARDS | Page 2

FILM: Documentary tells a chilling personal tale about the Holocaust

Hana's suitcase packs a punch

KAESHA FORAND
 InPort News Staff

PORT COLBORNE — Gesund.

It's the German word for healthy.

That single word probably saved George Brady's life when he entered Auschwitz.

He thought being sent to the right side of the line meant he would be subjected to harder labour. That grim day in September, 1944, he learned going to the right side of the line meant he lived. Every man, woman and child that went to the left line went straight to the gas chamber.

It's a grim story Brady shared with more than 170 people on March 1 after the screening of *Inside Hanna's Suitcase* at the Guild Hall. Following the 90-minute movie screening, Brady and director Larry Weinstein fielded questions about the movie based on a true story — the story of George's sister Hana. (Her name was spelled Hana, but the Germans incorrectly spelled her name Hanna on the suitcase)

Weinstein has a Google alert set for his name and movie. When the Cinema at the Guild notice was put online, he offered to come to Port Colborne to have a question and answer session after the screening.

Weinstein and Brady have toured around the world in cities such as London and Hong Kong and the film had most theatrical distributions in Toronto and is a hit at film festivals around the world. Weinstein, a Toronto movie director didn't immediately want to tackle the movie project — based on the book *Inside Hanna's Suitcase*.



KAESHA FORAND Staff Photo

Director Larry Weinstein and George Brady discuss the movie *Inside Hanna's Suitcase* — a true story about a 13-year-old girl who was killed in Auschwitz and whose suitcase sparked interest from a Japanese teacher. The movie was screened at the Guild Hall Monday night for more than 170 residents.

See INSIDE HANA'S SUITCASE | Page 6

See Inside: **PUPP'S INSERTS**
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upfront

■ CHAMBER AWARDS

Local business, citizens honoured

FROM PAGE 1

The event was held at the Roselawn Centre Wednesday night.

Kaitlin Saxton was honoured as youth citizen of the year, Tidyman Maintenance Ltd. owner Jeff Armstrong was honoured as business of the year and Ten Thousand Villages store manager Jane Nigh received the citizen of the year award.

They received certificates, an award from the chamber and a handmade award created by Peter Gunders of Sirius Glass Works in Port Colborne.

"They each represent the community, depicted by the outer clear glass, and their spirit within our community, depicted by the inner coloured glass," James Brennan, of Grant Thornton LLP, said of the glass awards.

"I would like to welcome you to this meeting of friends and business partners in honouring those who have excelled in our communities," said chamber president Mike Sloat.

Saxton was described as being an integral part of her school and community at large. In addition to holding a part-time job at Boggio Pharmacy her extracurricular activities include tutoring at Community Living, volunteering at the Beach Out Centre, taking an active role at St. Therese Church, fundraising for the Cancer Society and taking part in the Relay For Life.

Her tanned complexion is an indication of her recent missionary work with other Lakeshore Catholic High School students in Dominica. Saxton and a group of volunteers worked at St. John's Elementary school with children, teaching them English and the alphabet. The group also

worked at an old age home where, "I even poured concrete, which I didn't think I would do."

She was honoured to be recognized among Annie Salvage, Kristen Johnson and Greg Mashinter.

"It's nice to be recognized and I'm excited to keep it up," she said of volunteering.

Next year the Grade 12 student hopes to study biomedical science and has been accepted to six different universities.

For Nigh, it became her mission to educate Port Colborne residents about fair trade products which pay an artisan or farmer a fair wage for their product. As a volunteer manager at Ten Thousand Villages for the past eight years, she most recently led the Fair Trade Town steering committee which helped deem Port Colborne Ontario's first fair trade town.

"I'm overwhelmed because it was unexpected," she said after receiving the award in front of about 120 people.

Nigh said she would not have embarked on the fair trade town mission if she didn't think it was possible to achieve the fair trade town designation. Through Ten Thousand Villages, other fair trade events have been held at the store and local high schools to promote handmade rugs, shea butter products, fair trade coffee, chocolate, sugar, housewares, gifts and jewelry to name a few.

"Fair trade is a grassroots effort and I'm grateful to be part of a town that is engaged in this movement," Nigh said.

Armstrong was quick to point out that he's not the only person behind the Tidyman business and credits his secretary and staff for their work with the cleaning and



KAESHA FORAND Staff Photo

Port Colborne and Wainfleet's top citizens and business were honoured Wednesday night during the President's Awards Reception held at the Roselawn Centre. Winners included youth citizen of the year Kaitlin Saxton, business of the year Jeff Armstrong of Tidyman Maintenance Ltd., and Jane Nigh, citizen of the year.

odd job business.

Tidyman provides commercial, industrial and residential cleaning service, lawn cutting, snow plowing and laundry services in addition to some small repairs.

"There is no job we turn down. We want to help the customer out," he said during the economic downturn they actually hired staff.

For the past 21 years, Tidyman has con-

sistently grown and has hired some of its employees through the Port Cares job bank.

"It's an honour. I wish I could have fit (my staff) here to accept this equally. I don't think of myself differently, I just sign the cheques."

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portraits

Haiti fundraiser a slam dunk

Lakeshore Catholic High School students, staff, principal and John Crocco, NCDSB director of education faced off against five Niagara Regional Police officers last week to raise funds for Haiti. Funds raised through the buy-out will be added to the school's \$6,400 raised for development and peace.



KAESHA FORAND Staff Photos

Clockwise from top right: Cheerleaders were on hand to cheer on the Gators. The NRP team defeated Lakeshore 73-50.

No. 11 NRP team member Martin Cook takes a shot.

Hunter Tipet goes up for a shot while No. 35 Dave Biggar looks above.

Patrick Dodds takes the tip off against Ryan Bleich.

INPORT NEWS

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SUN MEDIA

ourview

It's difficult to leave communities like these

KAESHA FORAND
InPort News Staff

We will meet again. I know we will. These are lyrics from the band Journey and in this situation, it's true.

After more than three years of covering Port Colborne and Wainfleet, it's time to move on to another beat. As of this week, I have a new role as general assignment reporter covering events in Welland and Niagara Catholic District School Board meetings.

It's hard to leave communities like Port Colborne and Wainfleet. I've come to know so many great people that work at city hall, business owners, a number of community boards and their leaders.

Throughout these past three years I've evolved as a journalist and come to learn the community.

I've written about the Wainfleet Water and Sewer Project (the Big Pipe), the Health and Wellness Centre's evolution, business openings and closings. I've also (unfortunately) covered fires, fatal car accidents and written about the closure of the emergency room.

I've covered art gallery exhibits, written about construction, made my way through thousands of people during signature events and, most recently, had the opportunity to meet a Holocaust survivor.

Every story is different. When you're in a job like this, you learn a great deal of information, and have the chance to meet great people, political leaders and regular people trying to make a difference in their community.

I hope to have the opportunity to once again cover great events such as Canal Days, Flavours of Niagara and the Marshallville Heritage Festival.

Now that I'm in a new position, I won't be in Port Colborne and Wainfleet as much, but I'm sure I will cover some events in these two magnificent areas.

I am being replaced by long-time reporter and editor Dave Johnson. He has spent his entire life in Port Colborne and to many of you readers, his name is familiar from the *InPort News* and *The Tribune*.

Story and photo requests can be forwarded to him at djohnson@wellandtribune.ca or by calling 905-732-2414 ext. 265.

I look forward to a new challenge, will miss those that I have built a close relationship with, and will look forward to covering assignments in Port Colborne and Wainfleet in the near future.

We will meet again.

I know we will.

I'VE BEEN THINKING

Choosing our words carefully

REV. THOMAS P. ARTH
First Evangelical Lutheran Church

In last week's federal throne speech, the governor general made mention of the government considering a change to some words in our national anthem. There were a few reactions to the proposal.

Some jumped on it as another instance of political correctness gone too far. Some welcomed the debate or discussion in an effort to make a symbol of our nation more inclusive. Some thought it was a red herring thrown in by the government to deflect some attention from other more delicate and possibly embarrassing issues. If that was the intention, then I think it worked for a time because it resulted in numerous news stories and editorials.

It got me to thinking about language, and the power of language. A song by the Police back in the '80s had a line that went, "Poets, priests and politicians. Have words to thank for their positions."

But it's more than that. Everything depends on our language and how we're able to communicate things.

I found early in my career as a pastor that the way I say things is very important because if I'm not clear, the people can take things the wrong way or take them in a way that I never intended.

I think we all learn, at one time or another, in one situation or another, that you have to be careful what you say and how you say it.

In the case of our national anthem, some people take issue with the line, "True patriot love in all thy sons command." In the original English words, written in 1906, that line said "True patriot love thou dost in us command."

Those words are more inclusive, but nobody takes that line anymore. Language changes over time. The use of "sons" to refer to all Canadians and the use of "man" to refer to all of humankind, regardless of gender, was at one time commonplace and implicit. It's not strictly the case anymore. Language changes over time.

In the church, there are often objections to newer, more modern translations of the Bible. The King James version was produced in 1611 and portions of that version are well known, not only in church but in society. That version has a very poetic and majestic quality to it. But language has

changed over the past 400 years.

Some words have just gone out of use. Who would know that "gins" actually means traps or "vies" actually means knes? Other words have changed meanings, like "carriage," which sounds like something that would be drawn by horses but used to mean baggage. Or "prevent," which sounds like you're keeping something from happening, but which used to mean precede.

Similarly, the word "men" used to be used to refer to all people, whether male or female. For many people, it still does so they don't see a problem in using it that way (though not when it's a sign on a door). But for more and more people, the word "men" refers specifically and only to males, and it's not a matter of them being stubborn and refusing to let the word refer to all people, it's a matter of language changing.

In the case of changing a lyric in *O Canada*, maybe the timing of this latest proposal is suspect. But I disagree with people who say it's a non-issue. For them it might be a non-issue but for some it is an issue about how they know and see themselves.

We can't discard the issue by saying "oh, they're just words." Words have power. The childhood saying, "Sticks and stones may break my bones but words will never hurt me," is just wrong. Words have the power to hurt and words have the power to heal. Just think about the effects on someone who repeatedly hears things like, "you're worthless," "you're ugly," "you're stupid," "nobody loves you or you disgust me." And then think about the effect on someone who gets to hear things like, "I love you, you have a beautiful smile, I'm proud of you, well done, I'm blessed to know you."

They're not just words. They can be weapons used against the soul and can be ointment to soothe the soul.

In the church, we believe that words can work miracles. Faith comes from what is heard, and what is heard comes through the word of Christ. (Romans 10:17).

We believe that hearing the good news about Jesus Christ produces faith and faith is what makes us right with God. Words have power. Words heal the soul and give life.

May we all use words carefully, respectfully and honourably. And may the way we use our words show love for all in our human family.

PORT HIGH RAISES CASH FOR HAITI



KAESHA FORAND Staff Photo

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For further information, contact KAESHA FORAND.

LETTERS TO THE EDITOR: Copyright in letters and other material submitted to the publisher and accepted for publication remains with the author, but the Publisher and its licensees may freely reproduce them in print, electronic or other form.

Port High's volunteer now club helped raise \$1,523 for Haiti relief. The funds will be donated to local resident Diana Wiebe who works for Mission of Hope in Haiti at the Hope House orphanage. Members of the volunteer now group include Tim Robinson, Stephanie Jennings, Sara Wilkison, Anusha Kanneh, Kallie Hopkins and Craig Kellman.

■ **ELECTION:** Council defers consideration of advance voting system until March 23 meeting

Will Wainfleet elect special ballot option?

KAESHA FORAND
InPort News Staff

WAINFLEET — Wainfleet voters may have a third way to cast their ballots in advance of the Oct. 25 municipal election.

During Tuesday night's township council meeting, aldermen heard from Laurie Day-bell, elections co-ordinator for the township, of a new special ballot voting option that could be implemented here.

A voter would send an application into the township office with photocopies of identification bearing the person's signature. The township would then send them a special ballot form with three envelopes. The first is a secrecy envelop which contains the actual ballot, the second envelope has the elector's name and a control number. The third is a return envelope to mail the ballot to the township office.

"My impression is it's not user friendly," Ald. Ted Hesseles said of the voting option.

Daybell said the three-envelope system ensures the elector's vote is confidential.

Residents would have until Oct. 15 to request the special ballot voting system and the township would have to receive the completed ballot by election day. The voter's

signature would be confirmed and the sealed envelope containing the ballot would be counted with the rest of the township's votes.

A report noted, "Once an elector's application to vote by special ballot is approved, that is the only way he or she can vote. The elector cannot vote at the ordinary or advance polls."

Daybell said advanced poll dates have not been finalized, however, two are typically held on a Wednesday and on a Saturday.

She said the special ballot could be utilized by university students, people in the hospital, or seniors who can't get out of their homes to vote.

Mayor Barb Henderson moved that the decision be deferred to the March 23 meeting, when all members of council can provide input. Aldermen Rudy Warkentin and Evan Mann were absent from Tuesday's meeting.

The mayor also noted a revised report should be put together to ensure residents can vote by

proxy, advance polls, special ballot and on election day.

During the 2006 election, 44% of eligible voters cast their ballots. About 300 people took part in advanced voting and 17 voted through proxy. Proxy voting is completed

when an individual is unable to cast their own vote and delegates the task to a designated person.

kforand@wellandtribune.ca

Ask the HEAL H EXPERT

DR. W. GIFFORD-JONES, MD

"MYO-MED is going to ease a lot of PAIN"



"Where can I get another tube of MYO-MED?" a tennis friend asked me. "I'd given him a sample of this cream when his arthritic knee kept him from playing tennis for several months. Now he was back in the game. So does this new all-natural, toxin-free analgesic help painful joints? And why is it safer than other over-the-counter painkillers?"

Today, 21 million North Americans suffer daily the agony of arthritis. Others see their quality of life diminished by sports injuries, backache, sore muscles and the ravages of aging joints.

Customary treatment has been the use of non-steroidal anti-inflammatory drugs. Unfortunately, too many people take these over-the-counter medications thinking they're as safe as M & M and candy. But every year 25,000 North Americans die from gastrointestinal complications due to this self-prescribed remedy. It's a huge price to pay for pain relief. MYO-MED eliminates this problem. To my knowledge, no side effects have been reported by using this natural cream.

But how is MYO-MED different from other over-the-counter painkillers? Remember that, due to increasing drug consumption, it's important to know what a medication does not contain.

Today there are 300 different topical analgesics available in North America. But 90 percent of these painkillers contain methyl salicylates. Excessive use of the substance over a period of time has been associated with serious health problems and in rare cases can be fatal. MYO-MED does not contain methyl salicylates and is the only all natural and toxin-free cream available.

MYO-MED consists of a combination of all anti-inflammatory ingredients proven to be effective in relieving a variety of painful conditions such as arthritis, tendonitis, tendonitis and carpal tunnel syndrome.

One of the main ingredients is capsaicin fatty acids. These are naturally occurring compounds that help to reduce inflammation, pain and increase mobility. Another ingredient, Eucalypti Aids, is a skin-like plant.

relieve to the woods of Europe. It's particularly effective for the pain associated with modern life. It's helpful in the treatment of neck, back pain and those suffering from Rheumatoid Arthritis.

MYO-MED also has what's called a "Nano Delivery System." It's a process that quickly carries these anti-inflammatory ingredients deep into affected muscles and joints where they're needed, providing relief in minutes.

But how good is MYO-MED in easing pain? Researchers at the University of Connecticut carried out double-blind studies to test its effectiveness. One group of patients, suffering from osteoarthritis of the knee, was treated with MYO-MED. A similar group received a placebo cream. But neither doctors nor patients were told which cream was the real McCoy. Thirty minutes after applying the cream, patients were tested to see how their disability was affected. How far could they get up a knee before it became painful? How well could they get up from a chair? How much time did it take to get up and down 11 steps? And how good was their balance?

Patients were then advised to apply their creams twice a day for 30 days. Both groups of patients were also provided with nutritional guidance to ensure neither group gained weight during the trial period.

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Sandy White

■ INSIDE HANA'S SUITCASE

Holocaust documentary spreads its message around the world

FROM PAGE 1

"It was very much worthwhile," he said. "It's about tolerance and I think the world could use that a lot. George is also very inspirational to people."

The movie tells the story of Fumiko Ishioka, a Japanese teacher who contacts the Auschwitz museum to request materials for her class. They sent her a suitcase bearing Hana Brady's name, date of birth, a sock, sweater and can of gas used to kill Jews in the gas chambers. She was intrigued about the 13-year-old and made it her mission to learn more.

The movie follows Ishioka's journey to find information and photos of Hana. It also follows George as he returns to Auschwitz, his childhood neighbourhood and

includes footage from the 1940s and family photos.

During the question and answer session, George answered serious questions, but also included some humour.

"(Visiting) Auschwitz is free but if you want to go to the washroom you have to pay. I told the lady the first time I was here, I didn't have to pay," he said while the audience laughed.

He was released from Auschwitz after six months and upon his release, met up with family, but no longer had anything in common with his friends. He was able to save family photos and documents by storing them with a Catholic uncle.

"It is inconceivable how it all came together," Weinstein said of the series of

events that linked people from across the world together to create this story.

Both men continue to receive thousands of letters every week from as far away as China and Turkey but the bulk of the letters come from Canada and the United States. Ishioka has shared Hana's story with more than 500 schools across Japan.

In her youth Hana wanted to be a small-town school teacher and George said her story has taught hundreds of thousands of people around the world.

George moved forward with his life, but with the popularity of the movie, he has traveled around the world. Some signs of Auschwitz remain, such as the tattoo on his hand and the hearing loss in his left ear when a guard hit him.

"I wonder why this story? Because there are other stories. But it's probably because of Fumiko and others," George said.

"If they ask me if I forgive them, I say don't ask me. They should ask Hana and my parents. Who would gas 80 kids who have done nothing? It was a system a normal, decent person can't understand."

The film has been nominated in the best feature documentary category for the Genie Awards and the website www.insidebanassuitcase.com was nominated for a digital international Emmy award.

Inside Hana's Suitcase will be available on pay television in April, followed by 1190 Canada and CBC in the fall. It will then be available on DVD. Schools can set up special screenings by contacting Alliance.



THE CORPORATION OF THE TOWNSHIP OF WAINFLEET

NOTICE OF BUDGET COMMITTEE MEETING

This is to advise that a **Budget Committee** meeting will be held on **Monday, March 22nd, 2010** at the Municipal Administration Building, Council Chambers, 19M43 Highway #3, Wainfleet, commencing at 9:00 a.m. to review the 2010 Capital and Operating Budgets. Notice of this Budget Meeting will also be posted on the Main Administration Office Doors and Township Web Site.

Copies of the agenda will be posted on the Township website on Friday, March 19th, and will also be available at the meeting or can be picked up at the Municipal Office, during regular office hours, on Friday, March 19th, 2010.

Robyn Maderre, Treasurer
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March 13
The Port Colborne Legion Branch 56 is holding a fundraiser at the branch on Clarence St. featuring a show and dance with Johnny Cash and his friends Elvis, Hank Snow, Shogun Jim, Patky Kline and Tim McGraw. Tickets are \$15 and are available at the bar or by calling Jessie at 905-835-8962 or Doreen at 905-834-0000. Doors open at 6:30 p.m. and pizza will be served at 11 p.m.

• **Finesse Dance Studio** is holding a fun night at St. Theresa Church from noon to 5:30 p.m., featuring food, games, draws, face painting, hair braiding, a bake sale, silent auction and fine market tables.

March 20
Easter pictures will be taken at Boggio Pharmacy from 11 a.m. to 2 p.m. Bring a non-perishable food item for Port Cares and receive a 5x7 print from April 1st.

April 1
The Winger Wainfleet Women's Institute is holding its annual meeting at noon with a potluck lunch in the Friendship Room at the Wainfleet Arena. For more information contact Elizabeth at 905-899-4872.

May 6
The Winger Wainfleet Women's Institute is holding its meeting titled making history at 1:30 p.m. in the Friendship Room, Wainfleet Arena. Contact Elizabeth at 905-899-4872.

ONGOING ACTIVITIES

• Quit smoking support group, every Monday from 6 p.m. to 7 p.m. at the Port Colborne Hospital, 260 Superior St. All are welcome to the supportive and motivating environment. Contact Bridges Community Health Centre for more information at 289-479-5017 ext. 2445.

• The Alzheimer Society of Niagara Region support groups for caregivers meets the first Tuesday of each month (except July and August) from 1:30 p.m. to 3:30 p.m. at Rapelle Lodge, 277 Plymouth Rd., Welland. For information call 905-667-3594.

• The 79 Lynton Davies Air Cadet Squadron meets every Tuesday at St. Peter's Lutheran Church, 200 Erie St., Port Colborne, from 6:30 to 9:30 p.m. Contact captain John Derouise at 905-227-7609.

• Kids zone for children ages six to 12 runs every Friday from Friday from 6 p.m. to 8:30 p.m. at the Centre for Community Living, 100 McEae Ave., unit June 18. \$5 registration fee. Free transportation available. Call 905-835-8941 ext. 135. All events are supervised by adults.

PORT COLBORNE LIBRARY ACTIVITIES DURING MARCH BREAK

• Wild Birds of Prey demonstration by the Canadianaptor Conservancy, Tuesday March 16 from 1 p.m. to 2 p.m., \$4-\$4.
• Dog training and safety workshop with Jack Russell terrier Ernie and trainer Celine. Friday March 19 from 1 p.m. to 2:30 p.m., for ages eight to 13 for a \$1 donation to the Humane Society.
• Yoga with Nadia March 15, 10:30 to 11:30 a.m., ages 8 to 12 and March 18 from 10 a.m. to 10:45 a.m., for ages four to seven, \$3 per

class.
• Crafts with Carol, 20-inch painted acrylic on wood bunny plaque Monday March 15 from 10 a.m. to noon, for ages seven to 12, \$10.
• Cartooning for kids with Vanessa Hurst, Thursday March 18, 10 a.m. to 11:30 a.m. for ages eight to 14. Materials supplied for \$5.
• Kids Knit with Vicki Fretz. Learn to knit a scarf Monday March 15 and March 18 from 2 p.m. to 3 p.m., ages nine to 13, \$10 for both classes
• Ghost Bust: learn real ghost hunting techniques, March 17 from 2 p.m. to 3:30 p.m., ages 10 to 14, \$5.

• Extraordinary Experiments, March 17 from 10 a.m. to 11 a.m., ages seven to 12, \$2.
• **Atay Matsui!** Cress like a pirate and visit Treasure Island for songs, crafts and performances, March 18, 1 p.m. to 4 p.m., ages six to nine, \$3.
• Story time with Port Colborne's town crier Derek Miller, March 16 and 18, 10 a.m. to 11 a.m., ages six and under.
Tickets are available in advance at the library for all march break activities.

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Cold Sores

"What are cold sores and how do I get rid of them?" This is a common question asked by many people. Cold sores are caused by the herpes simplex virus (HSV-1). This is not the same virus that causes genital herpes but they are related. There are estimates that 80% of the population carry the virus and 60 million people have outbreaks once or more per year. The virus is contracted by an individual when they come in to contact with another individual who is infected. Usually young children get them from relatives through kisses, or touching their faces after coming in to contact with the virus with their hands. Some people carry the virus but never get an actual cold sore. It is when people have the actual cold sore that they are contagious. Once you have contracted the virus you can never get rid of it. However, there are many treatments for cold sores and some steps to take to prevent an outbreak.

The main prescription cream is called *Zovirax*. The cream works by preventing DNA replication of the virus. Similarly there is an oral medication by prescription called *Valtrex*. This is taken as a dose of 2 grams twice a day for two days. It has been shown to shorten the duration of a cold sore episode by one day.

There are many non-prescription remedies on the market. One of the most expensive but proven effective creams is called *Abreva*. This cream works by preventing the spread of the virus from cell to cell. It has been shown to improve healing time by about 17 hours compared to placebo.

Another cream which generally seems to help healing is *Super Lysine Plus* +. Lysine can also be taken orally and seems to reduce recurrences of herpes infection and reduce the severity and healing time. It is thought that lysine works because it competes with arginine, another amino acid, for uptake in to cells. Arginine is used by the virus for replication. If you have more lysine than arginine in your cells you have less virus production.

Chocolate and nuts are rich in arginine if you are a cold sore sufferer you may want to avoid them. Vegetables, fish and dairy are lysine rich foods and may help you avoid a cold sore breakout.

There are a number of other creams on the market. *Lipocin*, *Zilcetin-L* and *ACSO*. There are cost differences between them and they work in different ways. *ACSO* is the most expensive and works by drying the blister. Some of the others specifically treat the pain of the blister but may not shorten its duration.

If you are a frequent sufferer of cold sores its best to talk to your doctor about which of the above treatments would be best for you. You want to make sure you have your cold sore treatment ready because most of the products work best at the first sign of the cold sore, (usually signaled by a tingling or burning sensation where the blister breaks out). If you know what triggers your cold sores, try to avoid them. Some individuals say that sun, oranges, chocolate and lipstick are their biggest triggers. If you feel a cold sore coming on avoid direct contact with other individuals. Teach your children to avoid sharing drinks, lip balm, and lipstick so they can avoid contracting the virus.

If you would like any more information on the above products please come and talk to your pharmacist.

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business

CITY HOPES TO ATTRACT INVESTORS

NIAGARA FALLS — The City of Port Colborne is hoping to have reached potential investors during the recent Niagara Industrial Buyer/Seller forum held at Niagara Fallsview Casino Resort.

The city and Westpier Marine and Industrial Supply were among more than 50 exhibitors who pitched businesses and services to more than 500 people in attendance.

The Great Lakes Wind Network also held session to educate participants about the wind energy industry.

Sandra Pupatello, minister of economic development and trade, gave a keynote address and spoke with Mayor Vance Badawey, who highlighted the city's desire to create a foreign trade zone or a free trade zone.

"These are specially designated areas with tax incentives for business operations. Normally linked to international airports, major sea ports, inland ports and border frontiers, these designated sites enable companies to land, handle and re-export goods without paying duty or custom taxes," the mayor said in a press release.

— InPort News Staff

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■ **BUSINESS:** Tidy Tales Dog Grooming

Groomed for success

KAESHA FORAND
InPort News Staff

PORT COLBORNE — Dog grooming has played a big part of Tara Doan's life.

Although she changed her career path for a short time, grooming our four-legged friends has not only been something she enjoyed, she transformed it into her career.

Doan opened Tidy Tales Dog Grooming (18 Charlotte St.).

"I knew I wanted to do something with animals and I did dog grooming during my co-op."

She worked at a grooming salon for about five years then went to work at a veterinary hospital, but she "really loved

grooming." After working at the veterinary hospital, she did some grooming from home and worked at another local grooming salon. She built her clientele and decided to open her own location and is loving every minute.

"It's very rewarding. I get a dog that is matted and filthy — and you really feel that you're helping them."

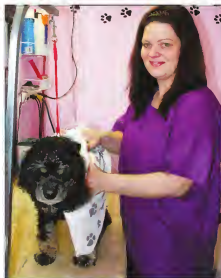
Although some local businesses have suffered lately, hers has been steady. About 50% of her clients pre-book every six to eight weeks for her services which include trimming nails, cleaning their ears, trimming hair and bathing them.

Doan says that she differs from other grooming salons because she usually only has one dog in at a time and completes the job in 60 to 90 minutes for small dogs.

See **BUSINESS** | Page 11

KAESHA FORAND
Staff Photo

Tara Doan of Tidy Tales dog grooming dries one of her furry clients at her Charlotte St. location.



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■ BUSINESS

Salon focuses on one dog at a time

FROM PAGE 10

Focusing on one dog at a time means they don't have to be away from home for the entire day.

Doan has an extra helper on Wednesdays who specializes on larger dogs — which typically take between two and three hours.

She said some dog owners don't realize how physically demanding grooming can be.

At Tidy Tales, Doan uses a mild, tear-free shampoo, cream rinse and a doggy cologne.

Tidy Tales is open Monday to Friday from 9 a.m. to 4 p.m., is closed two Mondays a month and is open two Saturdays a month. To book a grooming appointment call 905-834-TIDY (8439).

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■ CPL. TYLER CROOKS MEMORIAL AWARD

Award in honour of Port hero
presented to local junior B player

JOHN VESSOYAN
InPort News Staff

ST. CATHARINES — Almost a year after tragedy struck, the pain and grief still pound inside their hearts.

Not a day or moment or second go by without them thinking about their son and loved one, Cpl. Tyler Crooks.

When Tyler's family walked up to the podium inside Club Roma in St. Catharines to present the Cpl. Tyler Crooks Memorial Award to the local junior B player who excels in hockey, education and in community involvement, there was silence in the room.

As master of ceremonies, Derek Wills began to talk about the Port Colborne native's life and his death in Afghanistan, the soldier's father, Alfred, held the trophy which bears his son's name closed his eyes and pointed towards the heavens. His mother, Karen, and the woman he was going to marry, Kelly Maxwell, wiped tears from their eyes as Port Colborne mayor Vance Badaway and NHL Hall of Famer Marcel Dionne consoled them.

Then the announcement was made. Fittingly, this first ever award was handed to a member of the Port Colborne Pirates and the recipient was forward Cody Loefflen.

Loefflen, a solid citizen who plays hockey, does well in school and gives back to the community, could not be happier to have been recognized in this fashion.

"It's definitely a big accomplishment. The award means a lot even though it's the first year, but it's a prestigious award and I'm very honoured to accept it," Loefflen said. "I've done my fair share of community work and also I'm going to school right now and come home to play on the weekends."

Loefflen, from Wainfleet, is studying architecture at Ryerson University in Toronto. He's in Hogtown during the week, but he travels back home for Pirates games on Fridays, Saturdays and Sundays.

"It is tough to come back most weekends, but I feel that if you really want to do something then you can get it done," he said.

See **AWARD** | Page 14

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OLD DOGS



UP IN THE AIR



PLANET 51

AWARDS

Pirates capture three trophies at banquet

FROM PAGE 12

Loeffen didn't know Tyler, but knows his brother, Tage, fairly well. He said it was an honour to accept the award from Tyler's loved ones Monday night.

"It was very special to see his parents up there," he said.

He said it was an emotional night.

"I know the whole town of Port Colborne felt the same way when he passed away. So it is a big deal."

It was a big night for the Pirates, who captured three awards which also included Keith Osborne, who was named coach of the year and forward Charlie Izaguirre, who received the rookie of the year trophy. Osborne wasn't able to attend the awards banquet, but assistant coach Bryan Kelly was there on his behalf.

Izaguirre was there and couldn't hide his smile since being named the top rookie in the Golden Horseshoe Conference.

The 17-year-old native of Niagara-on-the-Lake did something most rookies can't do — and that is lead his team in scoring with 22 goals and 24 assists for 46 points.

"I kind of played my game and bopped for the best. I had to work extra hard," he said.

Kevin Watts of the Welland Junior Canadians took home the Cecil Jones Memorial Trophy as the Golden Horseshoe's most gentlemanly player. Here are the other award winners: Matt Abercrombie, Thorold Blackhawks; Russell Mas-



JOHN VESSYAN Staff Photo

Port Colborne Pirates Charlie Izaguirre (rookie of the year) and Cody Loeffen (player of the year) at Club Roma in St. Catharines.

terson Memorial Trophy for most valuable player; Cody Wilson, Stoney Creek Warriors, Dave Dunham Trophy for top defenceman; Mike Baxter, Port Erie Meteors, GDX Automotive Trophy for most improved player.

Former NHLer Marcel Dionne, who is fifth all-time in points with 1,771, behind only Wayne Gretzky, Mark Messier, Gordie Howe and Ron Francis, was the guest speaker at the banquet, which was organized by Golden Horseshoe convenor Blake Evenson and secretary Richard Vanderlaeghe.

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■ **OUTREACH:** ShelterBox program reaches out to disaster zones like Haiti

Rotary Club to the rescue

KAESHA FORAND
InPort News Staff

PORT COLBORNE — When disaster strikes, thousands of volunteers are deployed to assist people who are left with nothing except for the clothing on their back.

Floods, forest fires and earthquakes like the recent one in Haiti leave thousands homeless and hopeless. During these times, a global project sponsored by the Rotary Club comes into action.

Since 2000, it has helped more than 800,000 people who are encountering difficult times.

ShelterBox deploys response teams to distribute ShelterBoxes. A box costs \$1,000 and contains a 10-person tent, blankets and ground sheets, a water-filtration system, multi-fuel stove, pots, tools, blankets, rope, children's school supplies and

other survival items.

Dr. Rose Smith, an area ambassador for ShelterBox, visited McKay Public School on Thursday to teach children about the program. She told them 56 boxes have been purchased thanks to donations from the Niagara region.

She told children to close their eyes and imagine everything around them has disappeared.

"People are hungry. They have nothing — just the clothes on their back."

Then, she said, a ShelterBox team enters a destroyed village, armed with hundreds or thousands of forest green plastic totes, each weighing 60 kilograms. Volunteers help erect tents and get people set up with items in the box.

"ShelterBox is the largest Rotary project in the world," she said. "It relies exclusively on personal donations."

See **ROTARY CLUB** | Page 16



KAESHA FORAND

Staff Photo

The ShelterBox program received a boost from McKay Public School Thursday with a \$150 cheque from staff and students. Paul Slipak, Brian Busch and Ryan Dendy present the cheque to Dr. Rose Smith, area ambassador for the global Rotary Club project. Thanks to funds donated in the Niagara region, 56 boxes worth \$1,000 were shipped to Haiti to provide shelter, warmth and cooking tools for displaced residents.



DENTURES: Things Every Denture Wearer Should Know: DID YOU KNOW?

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- ▶ Dentures can warp if placed in hot water.
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- ▶ Dentures should be brushed inside and outside daily with a soft, large nylon denture toothbrush with round-ended bristles. Use denture creams instead of toothpaste, which is too abrasive and will scratch your denture. Rinse with cold water.
- ▶ Your mouth is constantly changing. Inspect your denture regularly for worn teeth and cracks.
- ▶ Be sure to visit your dentist regularly as part of your recommended check up schedule.
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For more information visit www.shelterbox.ca.

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NOMINATION FORM

DEADLINE EXTENDED TO MARCH 12, 2010 AT 5 P.M.

Please provide a brief description of the nominee's contributions to their family and community as well as a brief description of the nominee's efforts at school. [Use extra space for your description if more space is required to fit maximum of 100 words.]

Name of Nominee: Address: City/Town: Postal Code: Tel #	NOMINATOR'S CHECKLIST <input type="checkbox"/> Complete nomination form <input type="checkbox"/> Attach letter of explanation from nominator <input type="checkbox"/> Complete nomination form <input type="checkbox"/> Provide a brief description of the nomination topic <input type="checkbox"/> Provide a brief description of the nominee's life situation? <input type="checkbox"/> Nominating form <input type="checkbox"/> Signature <input type="checkbox"/> Date
---	--

Ages: ☐ 4-12 ☐ 13-18

Category: ☐ Cool to Be Kind ☐ Against the Odds ☐ Personal Best

NOMINATIONS DESCRIPTION:

*Please note: Complete nomination forms, letters of support and any other materials submitted will not be returned.

Send or drop-off completed nomination form to:

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Judging Criteria

- Nominees must be residents of Punjab, Port Columbia, Westview or Inland. Their accomplishments must have occurred within the past year. There is a 100 word limit for all nominees. No additional material will be accepted. Judges will rate each nominee from +10 to the following:
 - What was the nominee accomplished during the past year?
 - + How did the nominee stand out from others and/or others?
 - + Why do we nominate you to do so?

COOL TO BE KIND nominees will have performed a service or act of kindness, support or encouragement to a friend, family, neighbour or stranger with no personal gain for themselves. This could be an ongoing or one-time service as an individual, group or community.

PERSONAL BEST nominees will have achieved a level of performance beyond what might have been expected. This could mean achieving a top performance overall or performance to the best of their ability. Achievements can be in any area including academics, academics, athletics, music, art, writing, drama etc.

AGAINST THE ODDS nominees will have shown great strength, endurance and dedication in overcoming a mental, physical, pre-exist, economic or environmental challenge to achieve a goal.

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EYE EXAMS ARRANGED

■ **EDUCATION:** After-school program teaches students about biological sciences

Going wild for reptiles

KAESHA FORAND
InPort News Staff

PORT COLBORNE — Teala Tyson's master's degree thesis isn't your typical stack of thick paper filled with research. Half of her thesis is based on traditional research, while the other half is based on an educational outreach program for local elementary school students.

Thanks to funding from the TD Friends of the Environment Foundation and Ontario Power Generation, she is able to take volunteers from Port Colborne High School and Eastdale Secondary School and mentor them to give native wildlife presentations to elementary school students.

"This new after-school program, targeted at students with a passion for wild animals, wild spaces and outdoor activities, will give students a unique environment to learn about post-secondary opportunities in science, particularly biological sciences, and develop career-building skills at a young age," Tyson says.

The project's idea came from her experience with the University of Guelph's wildlife club.

"I was really passionate to do something with the community," says the 24-year-old Fonthill native who attended E.L. Crossley.

"The more I started doing research in the lab I realized it wasn't what I wanted to do for the rest of my life."

Her master's research in zoology at the University of Florida includes a minor in science education. She used connections she made through the University of Guelph wildlife club to teach the group of volunteers.

Special guest speakers Wayne Veller, an amphibian and reptile expert from Ontario Power Generation, and Jeff Hathaway, co-founder of Sensational Snakes, spent time with students to teach them about snakes, turtles and careers in biological sciences.

See **SCIENATIONAL SSSNAKES** | Page 20



KAESHA FORAND
Staff Photo

Teala Tyson, a Fonthill native and University of Florida graduate student, displays a corn snake that Port Colborne High School and Eastdale students will use to teach elementary school children about reptiles and their environment.

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■ **MAYOR'S BREAKFAST:** Badawey and Henderson give quarterly report

New economy, hospital improvement on the menu

ALLISON SMITH
For InPort News

PORT COLBORNE — The gateway to a new economy lies in Port Colborne.

That was the message from Mayor Vance Badawey Friday, when he and Wainfleet Mayor Barb Henderson spoke at the Quarterly Mayors' Breakfast, hosted by Port Colborne-Wainfleet Chamber of Commerce at the Country Store Kettle & Grill on Friday, March 5.

Port Colborne will see one of four community improvement projects established and implemented in 2010, the preparation for construction of a new \$35.4-million health and wellness facility (next in a queue of projects) and the continuation of deferred capital infrastructure work.

But most important, said Badawey, is "ensuring the city of Port Colborne has equal access to health care for all of our residents."

Niagara Health System, through its hospital improvement plan approved by the Local Health Integration Network, downgraded emergency rooms in Port Erie and Port Colborne to urgent care centres last year.

Badawey said local representatives continue to meet with the province "to ensure it understands the implications of the decisions made by the Niagara Health System over the past two years."

He said health-care policies for rural and small communities to benefit the city of Port Colborne, the Niagara Region and



ALLISON SMITH in Port News Photo

Robert Hesp, of RBC Dominion Securities, presents the Port Colborne-Wainfleet Chamber of Commerce's Business of the Quarter Award to Tyrone and Gina Ramkissoon of Last Mile Wireless Internet Inc. The business provides Internet to under-serviced, rural areas such as Port Colborne, Wainfleet, Welland and Durwinville.

other Ontario municipalities "experiencing similar attacks on their hospitals and overall health-care systems" have been created.

Locally, key economic clusters include tourism, agriculture, logistics, food processing, health, bio-sciences, green technology and steel and metal fabricating. The creation of new and protection of existing employment lands, which must be "guar-

anteed for the future," is underway.

Badawey talked about the provincial government's Places to Grow Plan that encourages local planners to find solutions to promote cross-border trade, goods movement and tourism. Niagara Region will establish a centre of excellence for integrated multi-modal assets — road, rail, marine, air — and an area to send cross-border traffic and goods through.

A free trade or foreign trade zone (designated areas with tax incentives for business operations linked to international airports, sea ports, inland ports and other sites) would be "the largest and most tangible incentive we can offer global corporations," Badawey said.

In 2009, funding from provincial and federal governments supported more than \$40 million in capital works projects in the city, cramming 60 years of work into just 15 years, said Badawey, adding the strategic plan developed by council in 1994 prioritized infrastructure investments, including current projects.

"To date, we have leveraged \$15.6 million in hydro funds to bring almost \$15 million more (totaling \$30.6 million) to the city for capital investments," he said.

An additional \$3 million for the health and wellness centre and an additional \$22 million leveraged from the Region to enhance water and waste-water treatment capacity that has flowed into Port Colborne, among many other investments, will create "a gateway to a new economy."

Continued infrastructure investment to

attract business to Port Colborne, including the re-establishment of rail spurs to "augment and enhance existing transportation-related infrastructure," is in line with sustainable growth, he said.

A \$5-million revitalization of the Main Street/Gateway business area is another highlight.

Henderson stressed the importance of community building, economic loyalty to local merchants and retaining area youth by hiring them.

"The public often perceives that building community is the sole responsibility of the mayor, council and township staff, but building community goes well beyond bricks and mortar, roads and bridges and recreation facilities," she said.

"Community is a feeling, a sense of belonging to a larger group while respecting the rights, beliefs and differences of those who make up that all-encompassing community."

Henderson praised Wainfleet Public Library as a "hub" of the community and recognized local merchants who "contribute to the overall economic health and sustainability of our township."

"The public often perceives that building community is the sole responsibility of the mayor, council and township staff, but building community goes well beyond bricks and mortar, roads and bridges and recreation facilities," she said.

She encouraged residents to contemplate "how we can build a better community for today, for tomorrow and for the generations to come."



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■ basketballbriefs

GRIZZLIES TOP
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ACTION FINALS.

The AA championship finals pitted Shea's Service Centre Grizzlies against Davidson Funeral Home Raptors where Shea's came out on top of the seesaw battle 47-35.

Shea's Dylan Balogh and Mike Pomowski together scored 32 points to lead the Grizzlies. Sydney Garon and Hannah Donofrio each had 6 points. Autumn Rae Billy chipped in with 2. Dalton Beaufregard played tough defence to help in the win. Matt Traynor led Davidson with 16 points. David Biggar had 8. Katrina Arcand 4. Hannah Peyton 3 and Zoey Kostal-Nicholson completed the scoring with one bucket.

—For InPort News

LAKERS DOWN
WHALES IN
AAA ATOM
CHAMPION-
SHIP

The AAA championship Finals saw the first- and second-place teams battle for the finals crown.

Jarrod Thalen's whooping 30 points led the Lakers. Max Gelka, Steve Wilcox and Tessa Sherk each had 6 points. Victoria Joyce, Maggie Sider and Noah Chevrette chipped in with a bucket each, putting each of the Lakers players on the score sheet.

CT Whalers Mike Benson led the way with 13 points, followed by Ethan Scott's 12 and Jonathan Gamble's 10. Seneca Lampman, Daniela Rock and Baxter each had 2 points to complete

the scoring. This wrapped up another successful season for Port Colborne Youth basketball. The convenors would like to thank all the

sponsors for their ongoing support to their organization.

—For InPort News



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■ SCIENSATIONAL SSSNAKES

Program offers hands-on learning to elementary school students

FROM PAGE 17

Through this program, students learn about Ontario amphibian and reptile species identification, species at risk classification, knowledge of animals' habitats and local conservation efforts; proper care and handling of snakes and other skills.

Students who show extra interest in the field can take part in field trips to study salamanders in the region.

Tyson partnered with the Education Foundation of Niagara and about 12 students from Port High and Eastdale who will take part in four hours of advance training, group practices and dress rehearsals before they visit local

elementary schools to give 45-minute presentations, followed by 20 minutes of handling time.

"The earlier you can engage (youth), the more staying power it has. More adults can care about environmental issues and environmental restoration."

Tyson would like to develop additional educational programs. She is in the process of booking visits at elementary schools in Welland, Port Colborne and Wainfleet and for community groups on March 30, 31, April 8, 9, 12, 13, 14, 15 and 16.

Presentations are ideal for Grades 6 to 8 and can be booked by contacting Tyson at 905-899-6106 or by e-mail

"The earlier you can engage (youth), the more staying power it has. More adults can care about environmental issues and environmental restoration."

environmental restoration.

Tesia Tyson

at teslatyson@ufl.edu.

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- Avoir complété un diplôme de travailleur jeunesse, d'éducateur à la petite enfance, de travailleur social ou l'équivalent.
- Un minimum de 2 à 3 ans d'expérience, avoir travaillé dans le système de l'éducation, dépendant une expérience de 3 à 5 ans dans un domaine connexe serait un atout.
- Avoir travaillé avec des enfants à haut risque avec habiletés acquises grâce à l'engagement et à la motivation, incluant la dynamique de groupe, les jeux de rôles et les techniques de gestion du comportement.
- Une capacité à travailler sur le plan thérapeutique avec des enfants et leurs familles avec un modèle de système comportemental et une méthode d'apprentissage sociale.
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■ BY GEORGE

Buffalo diner featured on Food Network show

FROM PAGE 23

Recently on the show, Fieri featured Buffalo's Lake Effect Diner, a classic located on Main St. far out from the downtown core. We went for lunch last Thursday.

It was exactly as it was portrayed on the show. Good, rib-sticking diner food at reasonable prices, but with a few dishes you wouldn't expect to find at your average diner. I had Eggs Chesapeake, a variation on the Benedict dish that features crab cakes in place of the back bacon, or Canadian bacon as it's called on the other side of the Niagara River.

The beef on weck is a classic interpretation of the Buffalo favourite.

Buffalo is such a great city to just go and explore. You never know what you'll find on the next visit. It has so much character and so many examples of breathtaking architecture that makes it both a great walking city and a great city to explore by car.

And, it has a huge number of good, cheap eats.

That's it for this week, dear readers. May you have a wonderful weekend and don't forget to turn your clocks forward one hour before you go to bed on Saturday night for the 2 a.m. Sunday time change. It'll be nice to have the longer days again.

George Duma is a resident of Port Colborne and has spent 30 years in the newspaper business. He is currently a member of the Journalism faculty at Niagara College. He welcomes comments and column suggestions and can be reached at gduma@cogeco.ca.

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